

Mixed Fruit Salad

Prep time: 10 minutes

Makes: 6 Servings

Ingredients

- 1 **can** mandarin oranges, drained
- 1 **can** fruit cocktail, drained
- 1 **can** pineapple chunks, drained
- 2 apples (chopped)
- 1 banana (sliced)

Directions

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.

Colorado State University and University of California at Davis. Ea

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	152	
Total Fat	0 g	
Protein	1 g	
Carbohydrates	40 g	13%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	9 mg	0%

MyPlate Food Groups

Fruits	1 1/2 cups
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